

CHAPTER-2 | Self and Personality

QUIZ
PART-01

- What best defines the self?
 - Awareness of one's own existence, traits, and functioning
 - A list of social roles assigned by society
 - Only one's physical appearance
 - A fixed personality type

Explanation: The self is described as awareness of one's own being—existence, traits, and functioning.

- Which aspect represents attributes that make a person unique?
 - Social identity
 - Personal identity
 - Familial identity
 - Group identity

Explanation: Personal identity refers to attributes that make a person unique.

- Which orientation emerges in relation with others and emphasizes cooperation, unity, affiliation, sacrifice, support, or sharing?
 - Personal self
 - Physical self
 - Social self
 - Psychological self

Explanation: The social self develops in relation with others and values family and social relationships.

- Which term is also referred to as the familial or relational self?
 - Personal self
 - Social self
 - Cognitive self
 - Behavioral self

Explanation: The self that values family and social relationships is referred to as the familial/relational (social) self.

- Which statement correctly describes self-concept?
 - A momentary feeling about a situation
 - A value judgment about oneself
 - Ideas and beliefs about who we are, including physical, social, and psychological self
 - The ability to delay gratification

Explanation: Self-concept comprises ideas and beliefs about who we are across physical, social, and psychological aspects.

- Self-esteem is best described as:
 - Belief in one's ability to perform a task
 - Value judgment about one's strengths and weaknesses
 - A list of personality traits
 - A cultural norm

Explanation: Self-esteem is the value judgment one makes about oneself (high = confidence; low = doubt/low self-worth).

- Who introduced the concept of self-efficacy?
 - Carl Rogers
 - Albert Bandura
 - Abraham Maslow
 - Sigmund Freud

Explanation: Self-efficacy—belief in one's ability to perform a task—was introduced by Albert Bandura.

- Which concept refers to the ability to control one's behavior and delay gratification?
 - Self-regulation
 - Self-concept
 - Self-esteem
 - Social identity

Explanation: Self-regulation involves controlling behavior and delaying gratification.

- Which cultural pairing is accurate?
 - Western—collectivistic; Eastern—individualistic
 - Western—individualistic; Eastern—collectivistic and interdependent
 - Western—spiritual; Eastern—technological
 - Western—familial; Eastern—personal

Explanation: Western cultures emphasize individualism/personal identity; Eastern/Indian cultures emphasize collectivism/social identity and interdependence.

- Which of the following is NOT listed under the cognitive and behavioral aspects of self?
 - Self-concept
 - Self-esteem
 - Self-regulation
 - Self-actualization

Explanation: The listed aspects are self-concept, self-esteem, self-efficacy, and self-regulation; self-actualization is not included here.